

OF HEALTH WITH THAT!

Food and Inflammation

Anti-inflammatory Foods

- Almonds
- Avocado
- Beets
- Black Cherries
- Blackberries
- Blueberries
- Broccoli
- Celery Seeds
- Cilantro
- Coffee (1-2/day)
- Curry
- Extra virgin olive oil
- Fatty fish and fish oil
- Fiber
- Flax seeds and oil
- Garlic
- Ginger
- Green leafy veggies
- Green Tea
- Hazelnuts
- Kale
- Lemon water
- Mustard seed
- Nuts and Seeds
- Olives
- Onions and Scallions
- Papaya
- Pineapple
- Parsley
- Pineapple
- Red Wine (1/2 - 1 /day)*
- Turmeric
- Walnuts

Eat More of These!

Eat Less of These!

*wine is only anti-inflammatory if you tolerate alcohol well.

Pro-inflammatory Foods

- Alcohol (excessive)
- Artificial Colors
- Artificial Sweeteners
- Aspartame
- Coffee (excessive)
- Conventionally raised dairy
- Conventionally raised meat
- Corn Syrup
- Diet Soda
- Fast food
- GMO foods
- High Fructose Corn Syrup
- Hydrogenated oils
- Junk food
- Nitrites (processed meats)
- Partially hydrogenated oil
- Preservatives
- Processed Food
- Shortening
- Soda
- Sucralose
- Tobacco products
- Trans Fats
- White flour
- White sugar

The Dirty Dozen Foods Highest in Pesticides

Apples	Bell Peppers	Kale	Cherries
Grapes	Nectarines	Peaches	Potatoes
Tomatoes	Spinach	Strawberries	Pears

These foods are best to buy organic if you can afford to do so. Your organic dollars will have the highest impact here.

The Clean Fifteen Foods Lowest in Pesticides

Avocados	Sweet Peas	Broccoli
Sweet Corn	Eggplant	Mushrooms
Pineapple	Asparagus	Cabbage
Onions	Cauliflower	Honeydew Melon
Papaya	Cantaloupe	Kiwi

The Dirty Dozen and Clean Fifteen lists are taken from information sourced at Environmental Working Group - ewg.org

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